

Abstract

Title: Younger Junior Women's Movement Output in Handball with a Selected Team SCM.

Objectives : The Aim of the thesis is a result analysis of SCM member's compulsory testing of movement output in handball together with considering the effectivity of the load.

Methods: We used methods of analysis and comparison in our work. The method of analysis was applied when analysing each of the disciplines, and the method of comparison was used in the part where we compared the disciplines of the testing set, and in the part where we compared the members. The comparison was also applied in the part where average values needed to be compared.

Results: We have found out that the influence of the training did not cause expected rise of physical condition. We have concluded from the results of the training set. During the two-year cycle in which we monitored the amount of load of the training unit the physical condition fell.

Keywords: movement abilities, condition, junior age, diagnosis in handball, testing unit.